

NCA July Swim Meet July 23-25

Important information

Parking: Friday: **There is NO PARKING in the back or front lots of the JCC on Friday due to camp pick up time being the same time as the meet.** PLEASE do not pull into these lots!!! You may park on the street (please observe the signs). Saturday and Sunday the back lot (the one off Eastgate Mall) is open as well as street parking on Eastgate Mall and Executive Dr. Please observe the signs on those streets. Saturday and Sunday the parking structure across the street from the JCC on Executive Dr will be open for free parking until 5:00 pm. You must move your car before 5:00 pm or you will have to pay. You can get your ticket stamped in the pool office on the deck anytime after 8:30 am. If something doesn't work at the parking structure and it begins to charge you, just call the number posted near the exit as there is someone who works the structure 24 hours a day. Remember, those of you here for the afternoon session, you may park in the structure for free up until 5:00 pm. **If your car is left in there after 5:00 you will have to pay.** After 5:00 pm you may use the front lot off Executive Dr.
Do not park in the La Jolla Country Day parking lot or any other private lots!!!!

Tarps: In addition to the deck and bleachers, the small strip next to the back parking lot is open for tarps on Sat and Sun only. In the evening, just put the closed up tarps on the pool deck, do not leave them set up outside if you want them the next day!! You may put tarps in the stands but not on the cement in front of the stands. Coaches are allowed to have tarps at the coaching tables. If you set up outside the gate on the Executive Dr side of the pool, please do not block the sidewalks to the tennis courts. Please also do not place tarps in front of the bathrooms or in front of the pump room doors. You will be allowed on deck no earlier than 3:00 to set up tarps. The JCC is open to members until then and we request your cooperation. Our vendors will be set up on the Executive Dr side of the pool. They get first dibs on the spaces in that area. Thanks for your cooperation.

Restrooms: OK don't shoot the messenger!!! The locker room restrooms are for adults only!!! No exceptions even for JCC youth members. The on deck restrooms and the ones outside adjacent to the field are open for general use. There is a changing area on deck too for suit changes. Please tell your female swimmers to use the changing areas instead of the restrooms!!! Thanks!!! The locker rooms on Friday will close and be locked at 6:30. There will not be any access after 6:30...plan accordingly!!! ☺ Thanks...

Timing:

Friday night: All swimmers need their own timers and counters. We do not provide lap counters. Remember Friday night alternates girls and boys, fastest to slowest. All distance free events will run that way.

Estimated Timeline:

Friday 5:00-7:45 pm

Sat am 8:30-noon Sat pm 1:30-7:00 pm (800 begins at 5:48)

Sun am 8:30-noon Sun pm 1:30-7:30 (1500 begins at 5:45)

Team timing assignments. If you anticipate any issues with your assignment, please e-mail me ahead of time. Thanks for your cooperation. Each lane has 2 chairs. If you do not have a timing assignment, please be on standby in case we need people to fill in. Thanks!!

Saturday am

Lane 1: NCA

Lane 2: PS

Lane 3: RSD

Lane 4: CAST

Lane 5: Heartland

Lane 6: SBA / PALY

Lane 7: CNSA / SDAC

Lane 8: MEYR / MVY

Saturday pm

Lane 1: NCA

Lane 2: NCA

Lane 3: CAAN

Lane 4: PS

Lane 5: Heartland

Lane 6: RSD / SDAC

Lane 7: CAST / MVY

Lane 8: ICAC / SBA

Sunday am
Lane 1: NCA
Lane 2: NCA / PS
Lane 3: PS
Lane 4: RSD
Lane 5: CAST
Lane 6: Heartland / SDAC
Lane 7: SBA / MEYR
Lane 8: CNSA

Sunday pm
Lane 1: NCA
Lane 2: NCA
Lane 3: CAAN
Lane 4: PS
Lane 5: Heartland
Lane 6: CAST / MVY
Lane 7: RSD / SDAC
Lane 8: SBA / ICAC

Snack bar/Coaches Hospitality

There will be a snack bar Fri until 7 pm, Sat until 6 pm and Sun until 6:30 pm. Please plan accordingly. Coaches hospitality will be available throughout the meet but will end at the times stated above. Thanks for your understanding. Please come by to pick up what you would like to eat.

Warm-ups:

If you have an unattached swimmers that puts you in another category other than where you should be for warm-ups, please let me know or use your best judgement!

Friday 4:00 pm all teams. ☺

Am sessions (1st session) for Sat and Sun

7:00-7:40 Saturday	7:00-7:40 Sunday
Lanes 1-3: PS	Lanes 1-3: PS
Lanes 4-5: RSD	Lanes 4-5: RSD
Lanes 6: CAST	Lanes 5-6: RSD
Lane 7: CNSA + FSST	Lane 7: CAST
Lane 8: Heartland	Lane 8: CNSA

2nd am warm-up session

7:40-8:20 am Saturday	7:40-8:20 am Sunday
Lane 1 SBA	Lane 1: Heartland
Lane 2 ZAP	Lane 2: ZAP
Lane 3 MEYR and ICAC	Lane 3: SBA
Lane 4 MVY and CAAN	Lane 4: MEYR and CAAN
Lane 5 SDAC and WSST	Lane 5: SDAC BFST
Lane 6 PALY and BFST and PQAC	Lane 6: MVY and WSST
Lane 7 TST and PENY	Lane 7: PALY and PENY
Lane 8 Unattached and any team with one swimmer.	Lane 8: Teams with 2 or less swimmers + unattached

Remember a USA certified swim coach must warm-up the swimmers. If you are without a coach, please see Sue, the meet director.

Saturday pm sessions

1st warm-up 12:00 pm (or right when the am session ends) until 12:40 (or 40 min total)

Lanes 1-3: NCA
Lanes 4-5: CAAN
Lanes 6-7: PS
Lane 8: RSD

2nd warm-up Saturday 40 min after the first session begins (we will announce times too!)

Lanes 1-2: Heartland
Lane 3: ZAP and SDED
Lane 4: CAST and TST
Lane 5: ICAC AND IVDA
Lane 6: SBA and MEYR
Lane 7: MVY and SDAC and FAST
Lane 8: CNSA and teams with 3 or less or unattached

Remember a USA certified swim coach must warm-up the swimmers. If you are without a coach, please see Sue the meet director.

PM session Sunday 40 min after the am session ends around noon (we will announce times too!)

1st warm-up

Lanes 1-2: Heartland

Lane 3: ZAP

Lane 4: RSD and CNSA

Lane 5: SBA and IVDA

Lane 6: ICAC and MEYR

Lane 7: SDAC and MVY

Lane 8: All teams with 3 or less and unattached.

2nd warm-up session Sunday pm

Lanes 1-3: NCA

Lanes 4-5: CAAN

Lane 6: CAST

Lane 7-8 PS

Remember a USA certified swim coach must warm-up the swimmers. If you are without a coach, please see Sue the meet director.

Coaches meeting:

Sat and Sun 8:20 am at the officials corner. Please send a representative from your staff. If you are traveling without a coach, please have someone attend this meeting. All am coaches, please disseminate all the information to any pm coaches who may come in for the pm session. We will only have a meeting in the am.

If there are any errors or omissions, please e mail Sue at allswim@aol.com asap!!!